

NAIA RACE WALK HISTORY

May, 2013



Start of the Men's 3000m Race Walk at the 2009 NAIA Indoor T&F Championships

The National Association of Intercollegiate Athletics (NAIA) has become know world wide as the collegiate home of race walking in the USA since it first started conducting the race walk in 1972. It was under the guidance of such renowned coaches as Joe Vigil (Adams State), John Knight (Oregon College), and Jim Crecks (Point Loma) that the initial athletes were introduced to the walks. These visionary coaches felt the race walk - and all Olympic Track and Field events - should be included in the NAIA National T&F Championships.

The event of Race Walking is unique in track and field because it involves a serious test of endurance capability coupled with strict technique requirements and a sprint-like stride rate. Therefore, not everyone has the aptitude to be successful in the event. As a result, world class race walkers are some of the best overall athletes in the world. Indeed, elite 10km and 20km race walkers must maintain stride frequencies comparable to those of Olympic 1500m runners and sustain those turnover rates for between 42 and 90 minutes - compared to 4 minutes for milers.

The history of Olympic race walking is almost as long as the history of the modern Olympic Games: Race walk competitions have been contested as a distinct event at the Olympic Games since 1908. In fact, in the early 1900's, the decathlon, known then as the 'all-around' actually included race walking as one of its events!



NAIA athletes often compete in front of loud boisterous crowds when representing the USA on a USATF national team at international competitions.

While not widely seen at track & field competitions in the USA, race walking is an extremely popular sport in many areas of the world, especially in Australia, China, Mexico, Russia and South America.

Since introduced by the NAIA in 1972 the distance conducted as the collegiate national championship event for the USA has varied. It has ranged upwards from an initial 2 mile race to 10,000 meters. But since 1993 the coaches association has settled on the 3,000 meter distance indoors and a 5,000m distance outdoors for the men. This has provided the talented athletes who first learn the race walk within the NAIA a solid stepping stone to the longer distances conducted internationally.

WOMENS RACEWALKING

The addition of the women's walk to the Olympic Games followed the same path as the women's marathon, pole vault and steeplechase, taking several years from the time it was first added to the IAAF World Cup in 1979 to its inclusion in the Olympic Games in 1992. 1984 was the first year that the women's walk was conducted at the USA Olympic Trials. While the top 3 finishers didn't advance to the Olympic Games, it did select the USA squad for the Pan American Cup competition. That competition is held every two years and features the top walkers from North American, South American and the Caribbean Islands in a team competition, not unlike cross country.

Following the inclusion of the women's race walk in the Olympic Games, the NAIA followed suit and added the walk to its championship program – a move the unwieldy NCAA has never replicated.

Starting in 1993, the women's walk in the NAIA was contested at the 3,000m distance. In 2000 it was added to the indoor championships. Starting in 2010 the women matched the men's distances both indoors and out by boldly striding an identical 5,000 meter distance at the outdoor track & field championships.



Cedarville University's 1997 NAIA champion in the race walk, Jill Zenner, went on to establish an American record and to represent the USA at two World University Games, the Goodwill Games, the IAAF World Championships in Track & Field, two World Cup and three Pan Am Cup competitions. She has competed in the 2000 and 2012 Olympic Trials (4th place). The 1,500m runner did all this following learning how to race walk her junior year in college (1996).

INDOOR – OUTDOOR DISTANCES

The 3,000 meter distance indoors makes this event accessible to all NAIA student athletes. This is necessary because most incoming student athletes in track & field have not been previously exposed to the event at the high school level. Race Walking has this coaching challenge in common with the javelin, hammer, triple jump, steeplechase, marathon and the multi-events. The technical skills required of the endurance athlete who race walks compares favorably with the special abilities the sprint athlete needs for success in the Long Jump or Triple Jump.

The 5,000m distance outdoors for the walk gives the athletes a true test of endurance. Competing at this distance requires an athlete to maintain maximum effort performance and efficiency in technique for over 20 minutes. Thus it provides a great stepping stone to the foot races conducted at international distances and competitions. USATF has recognized this fact and has set qualifying standards for its national championships that provide a reachable incentive for NAIA athletes to obtain.

As of January, 2013, these marks are: 23:30 for the men and 26:00 for the women at the 5,000m outdoor distance.

INDOOR CHAMPIONSHIP WINNERS – MEN

The fine tradition of race walking in the NAIA started indoors in 1972. Jim Heiring was the hero of those early years – winning three titles. And after graduation from Wisconsin-Parkside University Heiring qualified for 3 Olympic teams: 1980, 1984 and 1988.

But we shouldn't overlook 1978 NAIA indoor champ Carl Schuler. Schuler, of Frostburg State University in Maryland, did Heiring one better in the Olympic team department. Schuler qualified for the 1980, 1984, 1988 and 1992 Olympic Games, finishing 6th in the 50k in 1984!

However, the walk was not held indoors in the years 1983 thru 1999 because it was felt that the very short, banked curves of the 9 and 10 lap per mile tracks then available to the NAIA were unsuitable. But those decision makers may have been unaware that the Millrose Games, the oldest indoor track & field meet in the world, regularly conducted a world class race walk competition annually on its 4 lane 145 meter indoor track. Those races, in the confines of Madison Square Garden in New York City, often brought the crowds of 10,000 screaming fans to its feet as new world mile records in the walk were established.

TWO-MILE RACE WALK CHAMPIONS (1972-1982):

1972	Steve Tyrer, Oregon College, 14:50.3
1973	Steve Tyrer, Oregon College, 15:04.1
1974	Ed Bouldin, Southern California College, 14:37.8
1975	Jim Heiring, Wisconsin-Parkside, 14:14.6
1976	Jim Heiring, Wisconsin-Parkside, 14:07.30
1977	Jim Heiring, Wisconsin-Parkside, 13:39.8
1978	Carl Schueler, Frostburg State (Md.), 13:53.62
1979	John Van Den Brandt, Wisconsin-Parkside, 13:10.43 - one lap short
1980	Jeff Ellis, Wisconsin-Stevens Point, 13:53.35
1981	Ray Sharp, Wisconsin-Parkside, 12:56.89
1982	Tom Edwards, Wisconsin-Parkside, 13:32.71

But the walk came back indoors when the NAIA indoor nationals moved to the flat 280m oval at East Tennessee State University. Then it was Lachland McDonald turn to dominate. McDonald, of Wisconsin-Parkside University, took the title in 2000, 2001 and 2002. Then dominance went to Ohio's Matt Boyles. Boyles, from Rio Grande University was the winner in 2003 and 2005. After graduation he went on to finish second in the 2008 Olympic Trials in both the 20k and 50k Race Walks.

Concordia's Chris Tegtmeier, who had missed all of 2010 to due to an acute illness, closed out his collegiate campaign in 2011 with a win – establishing a new American indoor collegiate and championship meet records of 12:15.95. What is truly remarkable about Tegtmeier's achievement is that he was considered a non-athletic individual by some of his own college's coaches as a freshman.

The 2013 NAIA Indoor Nationals in Track & Field gave the USA another classic in race walking as Nick Christie, whose hometown is El Cajon, California, survived the finishing rush of teammate Alex Chavez and Cornerstone's John Cody Risch to win in a new indoor meet and collegiate record of 11:59.73. Christie, a junior, was third in the 2012 Olympic Trials in the 20 kilometer race walk.



Nick Christie, #794 on right from Missouri Baptist, earned collegiate, NAIA and meet records in the 3,000 meter race walk with a very narrow victory over teammate Alex Chavez (left) and Cornerstone's John Cody Risch in the 2013 Indoor National Track & Field Championships.

3,000-METER RACE WALK CHAMPIONS (2000-Current):

2000	Lachlan McDonald, Wisconsin-Parkside, 13:04.48
2001	Lachlan McDonald, Wisconsin-Parkside, 12:40.92
2002	Lachlan McDonald, Wisconsin-Parkside, 12:16.56
2003	Matthew Boyles, Rio Grande (Ohio), 12:58.86
2004	Caio Soares, Berry (Ga.), 14:37.30
2005	Matthew Boyles, Rio Grande (Ohio), 12:30.51
2006	Patrick Stroupe, Central Methodist (Mo.), 13:13.27
2007	Patrick Stroupe, Central Methodist (Mo.), 13:44.42
2008	Chris Tegtmeier, Concordia (Neb.), 12:41.187
2009	Josh Wiseman, Cedarville Univ (Ohio) 12:39.88
2010	Michael Mannozi, Notre Dame 13:19.50
2011	Chris Tegtmeier, Concordia (Neb), 12:15.95
2012	Alex Chavaz ,Missouri Baptist (MO), 12:33.58
2013	Nick Christie, Missouri Baptists (MO), 11:59.73 ++

++ Collegiate and NAIA Championship Records

INDOOR CHAMPIONSHIP WINNERS – WOMEN

Amber Antonia was the first collegiate woman to break 14 minutes indoors when she won for the second year in a row in 2002. Christina Peters, physics major at Goshen College in Indiana, progressed from a reign as a two-time national High School champ to dominating three straight years at the collegiate indoor track & field championships held at East Tennessee State University. Jessica Ching, Hong Kong's national record holder at the 20 kilometer Olympic distance, has matched Antonia as a two-time winner.

In 2013 Nicole Bonk, from Embry-Riddle University in Florida, established a new Collegiate and NAIA records in defense of her 2012 title. The 2012 Olympic Trials finalist in the 20k walk took the lead on The Spire Institute 300m indoor track with 4 laps remaining. She passed Missouri Baptist's Mereth Zalba after a 7:25 mile split to win in 13:53.63, breaking Amber Antonio's 11 year old record. Bonk, a former HS soccer player who also ran the 4x100 and 4x400 relays in track, is originally from Chalfont, Pennsylvania.

3000-METER RACE WALK

2000	Sara Stevenson, Olivet Nazarene (Ill.), 14:02.85
2001	Amber Antonia, Wisconsin-Parkside (WI), 16:04.68
2002	Amber Antonia, Wisconsin-Parkside (WI), 13:56.06
2003	Magda Spyra, Mary (N.D.), 15:31.17
2004	Kate Brooker, Simon Fraser (B.C.), 16:26.24
2005	Anine Stanley, Lindsey Wilson (Ky.), 16:05.61
2006	Amanda Gorst, Virginia Intermont (VA), 14:39.30
2007	Tina Peters, Goshen (Ind.), 14:50.36
2008	Tina Peters, Goshen (Ind.), 15:22.43
2009	Tina Peters, Goshen (Ind.), 14:58.36
2010	Jessica Ching, Lindenwood Univ (MO), 14:25.38
2011	Jessica Ching, Lindenwood Univ (MO), 14:12.05
2012	Nicole Bonk, Embry-Riddle Univ. (Fla), 14:41.95
2013	Nicole Bonk, Embry-Riddle Univ. (Fla), 13:53.63 ++

++ Collegiate and NAIA Championship Records

OUTDOOR T&F CHAMPIONSHIP WINNERS – MEN

Tim Seaman leads all NAIA competitors in the race walk by being a four time outdoor champion. Seaman won at 10,000 meters title in 1991 and three years in a row at the current 5,000m distance. Since graduation this two-time Olympian has won 10 straight USA Indoor T&F National championships at 5,000 meters. Outdoors Seaman holds the current American record at 20 kilometers of 1:22:02. But he is but one of the many great race walkers who have represented the University of Wisconsin Parkside, and the NAIA, at the very top levels of the sport of Track and Field, domestically and internationally.

Though he won the NAIA national title only once, Al Heppner was a four-time NAIA All-American at Wisconsin-Parkside. But his win in 1997 set the American 5,000-meter national record of 20:07.38 (since broken). And the mark he made that day lasted as the collegiate and NAIA national championship record until 2011. Then one of Canada's elite race walkers, Evan Dunfee, a junior from British Columbia University in Canada, edged Heppner's standard during the NAIA championships in Marion, Indiana. Dunfee walked 20:02.25 for the 3.1 mile distance.

Several athletes have joined Seaman in dominance of the race walk over the years at the NAIA nationals. Three time winners include Lachland McDonald, Jim Heiring, Mike Stauch, Patrick Stroupe and Canada's Inaki Gomez. Gomez finished 13th overall in the 20k race walk at the 2012 Olympic Games in London in a new Canadian national record time of 1:20:58.

3000-METER RACE WALK

1972	Steve Tyrer, Oregon College, 13:30.5
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TWO-MILE RACE WALK

1973	Jim Bean, Oregon College, 14:30.0
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10,000-METER RACE WALK

1974 Carl Swift, Azusa Pacific (Calif.), 49:18.5
1975 Jim Heiring, Wisconsin-Parkside, 47:40.2
1976 Jim Heiring, Wisconsin-Parkside, 47:25.44
1977 Jim Heiring, Wisconsin-Parkside, 44:41.99
1978 Chris Hansen, Wisconsin-Parkside, 46:19.46
1979 John Van Den Brandt, Wisconsin-Parkside, 47:29.7
1980 Jeff Ellis, Wisconsin-Stevens Point, 47:35.1
1981 Ray Sharp, Wisconsin-Parkside, 43:31.23
1982 Mel McGinnis, Spring Arbor (Mich.), 45:09.69
1983 Willard Preischel, Wisconsin-Parkside, 48:11.40
1984 Mark Manning, Wisconsin-Parkside, 47:55.27
1985 Andrew Kaestner, Wisconsin-Parkside, 45:29.64
1986 Mike Stauch, Wisconsin-Parkside, 46:32.7
1987 Mike Stauch, Wisconsin-Parkside, 43:22.1
1988 Mike Stauch, Wisconsin-Parkside, 41:56.4
1989 Reggie Davenport, Wisconsin-Parkside, 44:44.0
1990 Douglas Fournier, Wisconsin-Parkside, 45:12.13
1991 Timothy Seaman, Wisconsin-Parkside, 44:14.99
1992 David Doherty, Wisconsin-Parkside, 46:49.62

5,000-METER RACE WALK

1993 Tim Seaman, Wisconsin-Parkside, 20:50.3
1994 Tim Seaman, Wisconsin-Parkside, 20:48.13
1995 Tim Seaman, Wisconsin-Parkside, 20:39.93
1996 Chad Eder, Cedarville (Ohio), 21:53.96
1997 Al Heppner, Wisconsin-Parkside, 20:07.38
1998 Dan Casmier, Pacific Lutheran (Wash.), 23:41.45
1999 Lachlan McDonald, Wisconsin-Parkside, 24:03.64
2000 Lachlan McDonald, Wisconsin-Parkside, 21:54.72
2001 Lachlan McDonald, Wisconsin-Parkside, 21:20.33
2002 Ben Shorey, Wisconsin-Parkside, 20:57.16
2003 Matthew Boyles, Rio Grande (Ohio), 21:34.53
2004 Patrick Stroupe, Central Methodist (Mo.), 23:53.04
2005 Matthew Boyles, Rio Grande (Ohio), 22:07.65
2006 Patrick Stroupe, Central Methodist (Mo.), 23:16.38
2007 Patrick Stroupe, Central Methodist (MO), 22:10.76
2008 Inaki Gomez, British Columbia (CAN), 21:06.16
2009 Inaki Gomez, British Columbia (CAN), 20:41.11
2010 Inaki Gomez, British Columbia (CAN), 20:30.35
2011 Evan Dunfee, British Columbia (CAN), 20:02.25
2012 Ben Thorne, British Columbia (CAN), 22:41.13
2013 Alejandro Chavez, Missouri Baptist, 21:03.92

++ Collegiate and NAIA Championship Records

OUTDOOR T&F CHAMPIONSHIP WINNERS – WOMEN

Canadian Megan Huzzey has equaled Parkside's Tim Seaman with 4 national championships in the race walk. Huzzey has already gone on to compete on several international teams representing her home country. In 2010 the distance changed to 5,000 meters. Nicola Evangelista, who finished second behind Huzzey in 2008, put together a sting of 3 national titles and holds the current collegiate and NAIA Championship marks for the outdoor circuit at 5,000 meters.

In 2013 it was a classical race between defending champ Nicole Bonk and the more experienced newcomer from Chihuahua, Mexico, Mereth (Nirvana) Zalba. It was in the last 400 meters that Bonk's stride drew the ire of the race walk judges giving Zalba the win.

3000-METER RACE WALK

1993 Jennifer Zalewski, Wisconsin-Parkside, 13:53.3
1994 Kelly Watson, Wisconsin-Parkside, 14:24.43
1995 Sue Kisting, Wisconsin-Parkside, 14:19.61
1996 Anne-Marie Oswald, Simon Fraser (B.C.), 15:15.91
1997 Jill Zenner, Cedarville (Ohio), 13:16.16
1998 Jessie Nethery, Wisconsin-Parkside, 14:56.35
1999 Jaimie Roberts, Wisconsin-Parkside, 15:02.78
2000 Sara Stevenson, Olivet Nazarene (Ill.), 12:39.62
2001 Sara Stevenson, Olivet Nazarene (Ill.), 14:03.89
2002 Amber Antonia, Wisconsin-Parkside, 13:27.46
2003 Karen Foan, British Columbia, 14:29.05
2004 Megan Huzzey, British Columbia, 15:18.95
2005 Megan Huzzey, British Columbia, 14:53.98
2006 Megan Huzzey, British Columbia, 13:53.57
2007 Tina Peters, Goshen (IN), 15:20.21
2008 Megan Huzzey, British Columbia, 14:12.12
2009 Nicola Evangelista, British Columbia, 14:58.51

5000-METER RACE WALK

2010 Nicola Evangelista, British Columbia, 25:11.56
2011 Nicola Evangelista, British Columbia, 23:18.91
2012 Nicole Bonk, Embry-Riddle University (Fla), 26:43.05
2013 Mereth Zalba, Missouri Baptist, 25:17.87

++ NAIA and Collegiate Record at 5,000m

NAIA Student-Athlete Success in Race Walking

It is a fact that the vast majority of NAIA track & field athletes who have competed internationally as members of a USA National team are, indeed, race walkers. This has come at all levels, from such meets as the Pan American Junior Games to the Olympic venue. The following list identifies those NAIA athletes who became Olympians in the race walk.

NAIA Olympians

Jim Heiring, University of Wisconsin Parkside:

1980 20 Km (Team USA did not compete)

1984 20 Km, 23rd -- 1:30:20

1988 20 Km, 38th -- 1:27:30

Carl Schueler, Frostburg State:

1980 50km; (Team USA did not compete)

1984 50km, 6th -- 3:59:46

1988 50km, 23rd -- 3:57:44

1992 50 Km, 23rd -- 4:13:38

Andy Kaestner, University of Wisconsin Parkside:

1988 50 Km, 34th -- 4:12:49

Herm Nelson, Western Washington:

1992 50 Km, 32nd -- 4:25:49

1996 50 Km, DQd

Allen James, Western Washington:

1992 20 Km, 30th -- 1:35:13;

1996 50 Km, 24th -- 4:01:18

Inaki Gomez, British Columbia

2012 20km, 13th – 1:20:58

Andrew Herman, Willamette:

2000, 50 km, 31st -- 4:07:18

Tim Seaman, University of Wisconsin Parkside:

2000 20 Km, 40th -- 1:30:32

2004 20 km, 20th -- 1:25:17

Deb Spino-Lawrence, University of Wisconsin Parkside:

1992 10 Km, 26th -- 48:23

1996 10 Km, 20th -- 45:32

2000 20 Km, 44th -- 1:47:20

Michelle Marter-Rohl, University of Wisconsin Parkside:

1992 10 Km, 20th -- 46:45

1996 10 Km, 14th -- 44:29

2000 20 Km, 17th -- 1:34:26



15 time NAIA All American in cross country and the 1500/3000m runs, Michelle Rohl became a three-time Olympian in the race walk.

Other Notable Accomplishments

While the following athletes have not earned the right to represent the USA at the Olympic Games (yet) their accomplishments have brought great acclaim and recognition to race walking and the NAIA.

- Al Heppner of the University of Wisconsin Parkside set the American 5,000m Track Record in 1997. Heppner competed in the 1996, 2000 and 2004 Olympic Trials.
- Jill (Zenner) Cobb of Cedarville University established the American Women's 3,000m Track record in 1997 at the NAIA National Championship. Jill has competed in two Olympic Trials competitions (2000 & 2012), finished 4th in 2012. She was also a World University Games team member (1997 & 1999) and a NAIA Academic All-American. Before taking a leave of absence from the sport after getting married Jill represented the USA in the 2001 IAAF world T&F Championships, the 2001 Goodwill Games in Australia, in addition to two IAAF World Cup and three (3) Pan American Cup competitions during her professional T&F career. She was inducted into the Cedarville University Hall of Fame in January 2004.
- Sara Stevenson of Olivet Nazarene broke Jill Zenner's mark at the NAIA National Championship in 2000 and was named the NAIA Outstanding Performer of that meet. In addition, she won at the Penn Relays twice while a student-athlete at Olivet Nazarene and was the recipient of the NAIA's prestigious AO Duer Award. She walked 22:00.88 for 5,000m in 2000 with her win at the Penn Relays.
- 2002 – Rio Grande sophomore – Matt Boyle – named to USATF World Cup team
- 2004 – Rio Grande's Matt Boyles finishes 6th at 2004 Olympic Trials
- 2005 – Central Methodist's Patrick Stroupe named to USATF U23 NACAC team
- 2006 – Stroupe qualifies for and competes in USATF Indoor Nationals
- 2007 – Concordia University's Chris Tegmeier named to USATF U23 NACAC team along with Goshen's Tina Peters for the competition in Mexico.
- 2008 - Seaman, Boyles, Stroupe, and Tegmeier compete as teammates at the IAAF World Race Walk Cup in Russia. All 4 compete in 2008 Olympic Trials with Boyles finishing second in both the 50k and 20k Olympic Trials race walk competitions.
- 2010 – British Columbia University's 3 male race walkers, led by Inaki Gomez, comprise Canada's National team at the IAAF World Race Walk Cup – the most important footrace of the year!
- 2011 - Patrick Stroupe upsets Seaman to win USATF Indoor National Championships.
- 2012 – The following current and past NAIA athletes participated in the 2012 Olympic Trials in the Race Walk: Tim Seaman (Parkside); Nick Christie (Missouri Baptist); Michael Mannozi (Notre Dame, Oh); Ben Shorey (Parkside); Josh Wiseman (Cedarville); Patrick Stroupe (Central Methodist) and Miranda Mellville (Parkside); Jill Cobb (Cedarville); Nicole Bonk (Embry-Riddle) and Katie Burnett (William Penn, Iowa).
- 2012 – Tim Seaman (Parkside) was the coach of two of the USA's 2012 Olympians in the Race Walk; Trevor Barron (men's 20k) and Maria Michta (women's 20k).

AL HEPPNER MEMORIAL SCHOLARSHIP

In honor of Al Heppner, the 1997 NAIA national champion and the former collegiate record holder as well as an outstanding athlete, journalist and person, an annual award will be made from the Al Heppner Memorial Fund to young athletes who best meet the qualifications set by the Fund's protocol. Set up as an endowment fund, it provides a permanent vehicle for members of the race walking community to aid young race walkers.

Al Heppner, who competed for the University of Wisconsin – Parkside, when it was the dominant program in the NAIA, lost his life shortly after the 2004 Olympic Trials.

Al Heppner made the lives of those around him better for knowing him. He touched all ages in many ways. Whether excelling in national or international race walking competitions or excelling in writing press releases promoting his sport and his fellow athletes, Al increased public awareness and appreciation of American race walking. Yet, perhaps his greatest gift was his special rapport with young, aspiring athletes. He never failed to give time and encouragement to those seeking to find the best within them. The Al Heppner Memorial Fund is a legacy to him as an outstanding athlete, journalist and person.

To be eligible for consideration the applicant shall:

1. Be a college sophomore, junior or senior who has competed in race walking during his/her preceding college year.
2. Have completed a 20km race walk competition during the year he or she applies for the award that meets the required qualifying time. The 20km qualifying times will be 20:00 minutes slower than the IAAF "A" standard for men and 21:00 minutes slower than the IAAF "A" standard for women. The 20km standards will be set by January 15 of each year according to the IAAF "A" standards on that date.
3. Submit an essay on his/her commitment to race walking including present plans and goals. The essay shall not exceed one typewritten page.
4. Submit two letters of recommendation.
5. Have a B (3.0) or better grade point average. A copy of the athlete's grade report shall be submitted with the award application.

LIST OF SCHOLARSHIP RECIPIENTS

Those who have been awarded the Al Heppner Memorial Scholarship are:

- 2004 - Anne Favoloise, University of Wisconsin - Parkside
- 2005 - Maria Michta, CW Post University, NY
- 2006 - Patrick Stroupe, Central Methodist University, Missouri
- 2007 - Maria Michta, CW Post University, NY
- 2008 - Chris Tegtmeier, Concordia University, Nebraska
- 2008 - Lauren Forgues, University of Phoenix
- 2009 - Chris Tegtmeier, Concordia University, Nebraska
- 2009 – Miranda Melville, University of Wisconsin – Parkside
- 2010 – Katie Burnett, William Penn College, Iowa
- 2011 – Katie Burnett, William Penn College, Iowa
- 2012 – Nick Christie, Missouri Baptist, Missouri

Since 2007 this scholarship has been worth \$2,500 to each recipient.

Additional Information on the Al Heppner Scholarship for collegiate race walkers including an Application Form for the scholarship – as well as how to contribute to the Endowed Fund - may be found on-line at:

<http://www.narionline.org/nari/Programs/AlHeppner.asp>